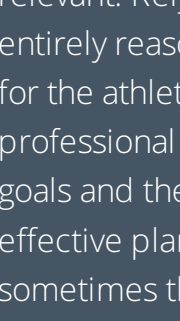


Get slender legs and a tightened buttocks in just 8 weeks

Intermediate **54** days **32** workouts **~49** minutes

Tighten the legs and delicious buttocks — closer to the ideal with the impact of split training.

<https://atletiq.com/en/programms/306>



Author:
Олег Горемыкин

The preparation of a detailed training plan is the work of an experienced trainer. Entrust your body to professionals.

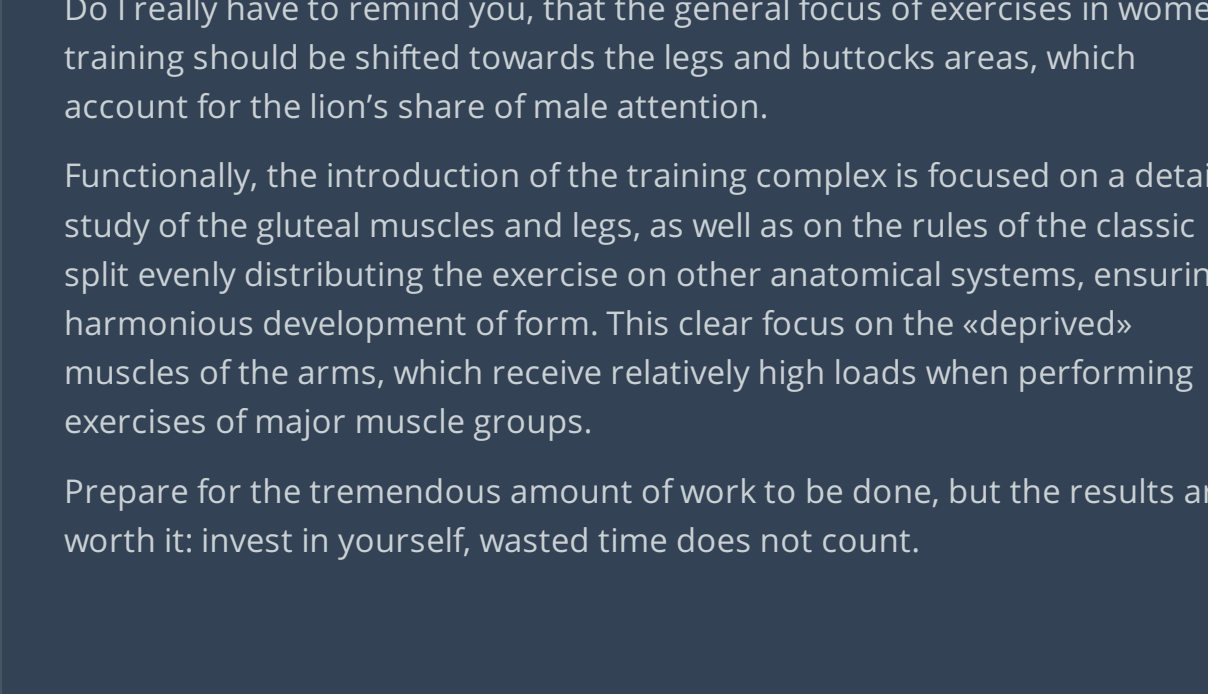
A positive athletic result is never accidental - it is always an intensified work on oneself. Without a doubt, the one who spares no effort and time will ultimately achieve the result. But which one and how soon? - the questions are more than interesting and relevant. Relying on luck or acting at random is not an entirely reasonable and even unreasonable decision for the athlete. Success in sports, as in any other professional sphere, is determined by the clarity of goals and the clarity of the plan. A working and effective plan can be made independently, but sometimes there is not enough experience, theoretical knowledge or time. Fortunately for you, I have a plan and I'm ready to share it!

Get your body in shape with the impact of the split training complex!

Do I really have to remind you, that the general focus of exercises in women's training should be shifted towards the legs and buttocks areas, which account for the lion's share of male attention.

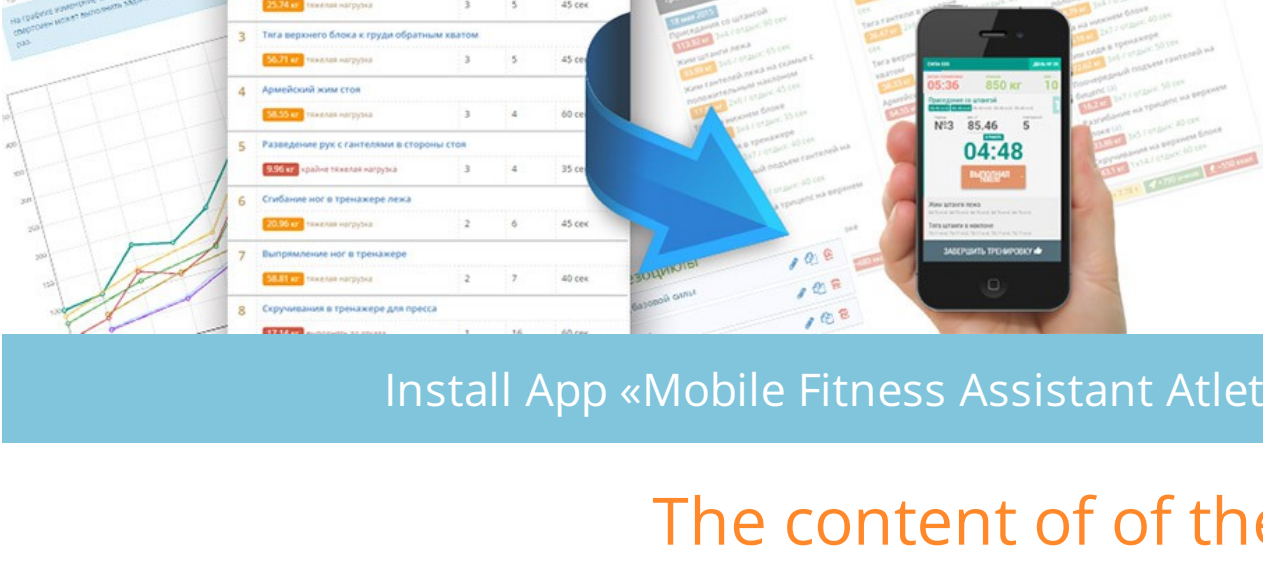
Functionally, the introduction of the training complex is focused on a detailed study of the gluteal muscles and legs, as well as on the rules of the classic split evenly distributing the exercise on other anatomical systems, ensuring harmonious development of form. This clear focus on the «deprived» muscles of the arms, which receive relatively high loads when performing exercises of major muscle groups.

Prepare for the tremendous amount of work to be done, but the results are worth it: invest in yourself, wasted time does not count.



Mobile Fitness Assistant

Exercising with AtletiQ, you get exactly the load established by the author of the routine at any one time performing a workout. In training you will spend only as much force as necessary to fulfill the tasks set by coach



Install App «Mobile Fitness Assistant AtletiQ»: <https://atletiq.com/app>

The content of of the program

1 «8 недель (4-х дневный сплит для девушек)»

Duration in days: 54 Amount of training days: 32 Rest days: 22

This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletiQ are developed considering principle of variability of the training scheme.

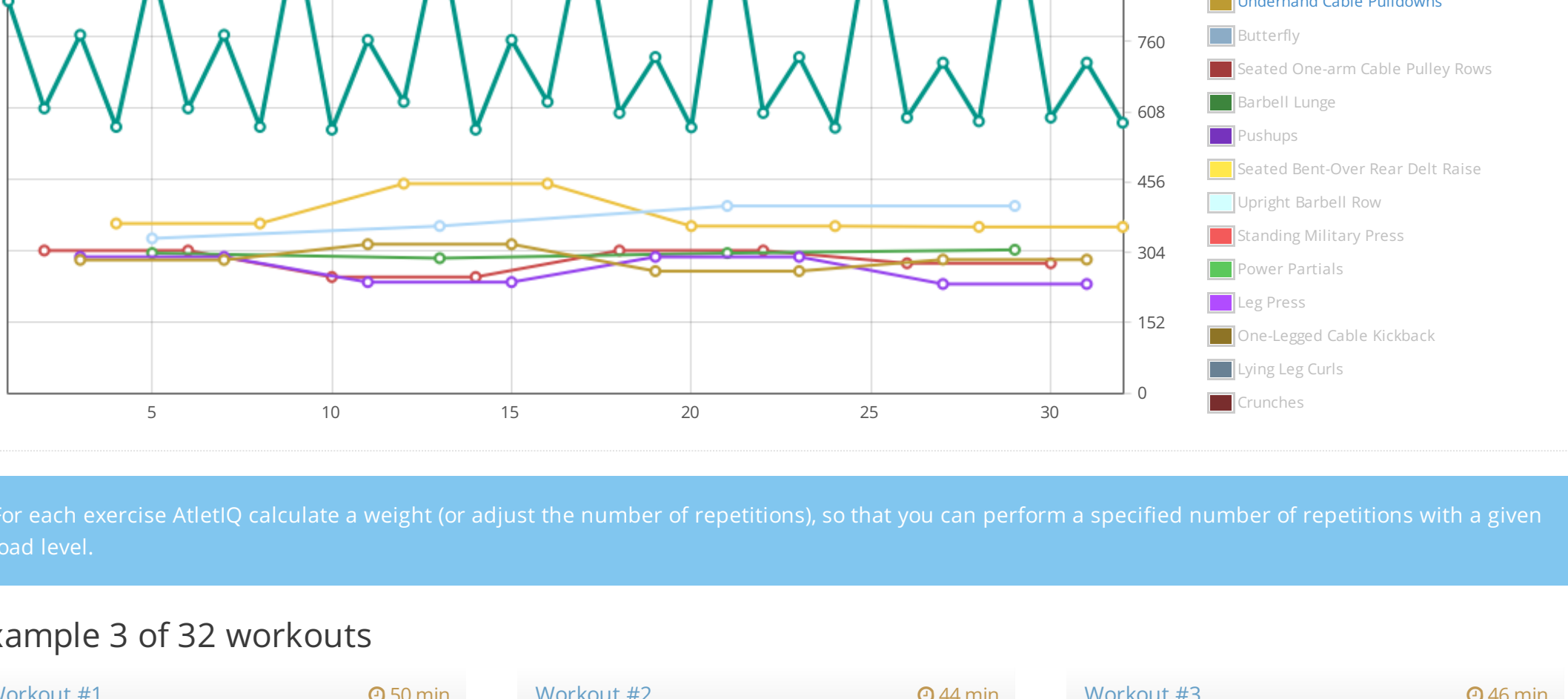
#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Standing Military Press	2-3	8-15	⌚ 80-120 sec
2	Upright Barbell Row	2-3	9-12	⌚ 80-120 sec
3	Power Partialс	3	9-15	⌚ 80-100 sec

⚠ Level «Advanced 2» is required or you can pay 140 points / ⚠ what is it?

🟢 Allowed for status «VIP»

Training intensity for each exercise

This graph provides information about how the intensity of the workouts in this program will change, and what contribution to the overall load each of the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier.



For each exercise AtletiQ calculate a weight (or adjust the number of repetitions), so that you can perform a specified number of repetitions with a given load level.

Example 3 of 32 workouts

Workout #1 ⌚ 50 min

Standing Military Press
3x8 Rest: ⌚ 90 sec heavy

Upright Barbell Row
3x9 Rest: ⌚ 90 sec heavy

Power Partialс
3x10 Rest: ⌚ 80 sec heavy

Pushups
Tempo: 2/0/1/1 Rest: ⌚ 90 sec heavy

Butterfly
Tempo: 2/0/1/1 Rest: ⌚ 80 sec heavy

Crunches
3x20 Rest: ⌚ 90 sec to failure

847 scores

Workout #2 ⌚ 44 min

Crunches
3x20 Rest: ⌚ 90 sec to failure

Hyperextensions (Back Extensions)
2x15 Rest: ⌚ 90 sec very hard

Leg Press
3x15 Rest: ⌚ 90 sec very hard

4x8 Rest: ⌚ 90 sec very hard

Barbell Lunge
4x18 Rest: ⌚ 110 sec heavy

615 scores

Workout #3 ⌚ 46 min

Pullups
4x8 Rest: ⌚ 90 sec very hard

Underhand Cable Pulldowns
4x12 Rest: ⌚ 90 sec heavy

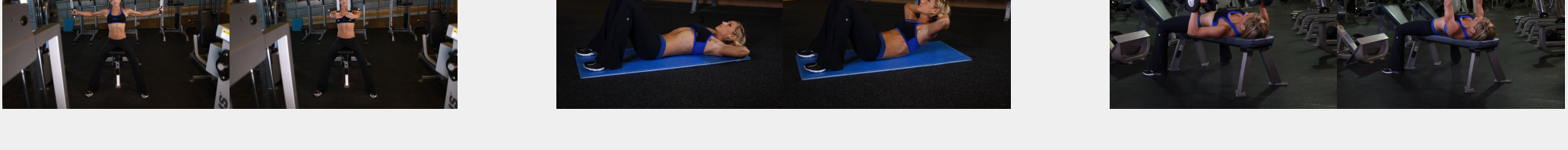
Seated One-arm Cable Pulley Rows
4x12 Rest: ⌚ 90 sec very hard

Seated Bent-Over Rear Delt Raise
4x8 Rest: ⌚ 90 sec very hard

Crunches
3x20 Rest: ⌚ 90 sec to failure

774 scores

Directory of the exercises

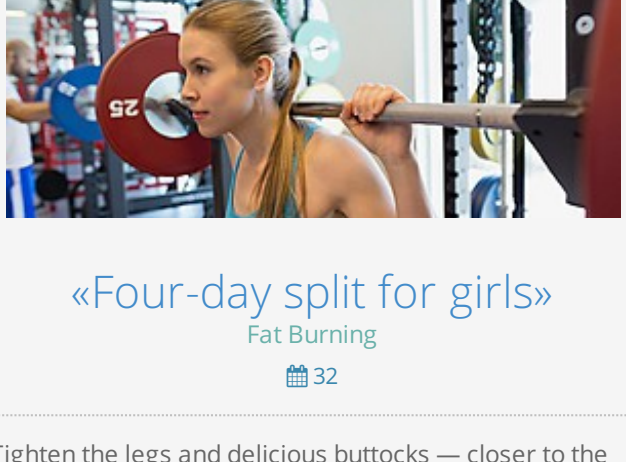


The price of the full version 7 usd

[Why it is payable?](#)

Register and find out details

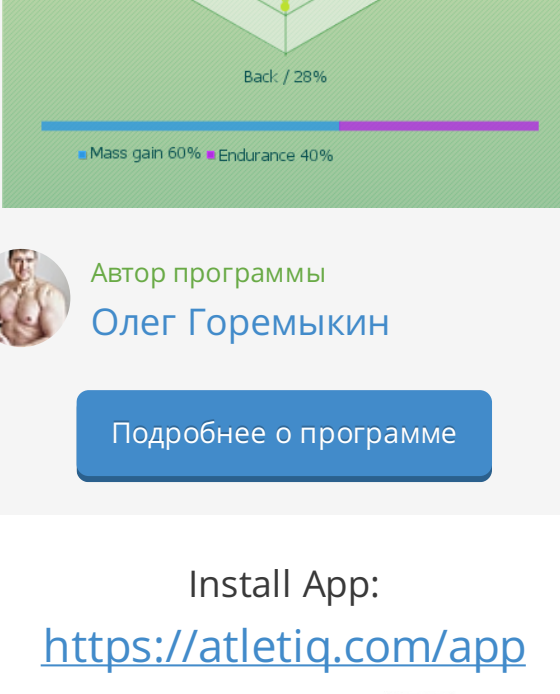
QUICKLY GET YOUR BODY TO YOUR IDEAL!



«Four-day split for girls»
Fat Burning ⌚ 32

Tighten the legs and delicious buttocks — closer to the ideal with the impact of split training.

⌚ Скачать в PDF

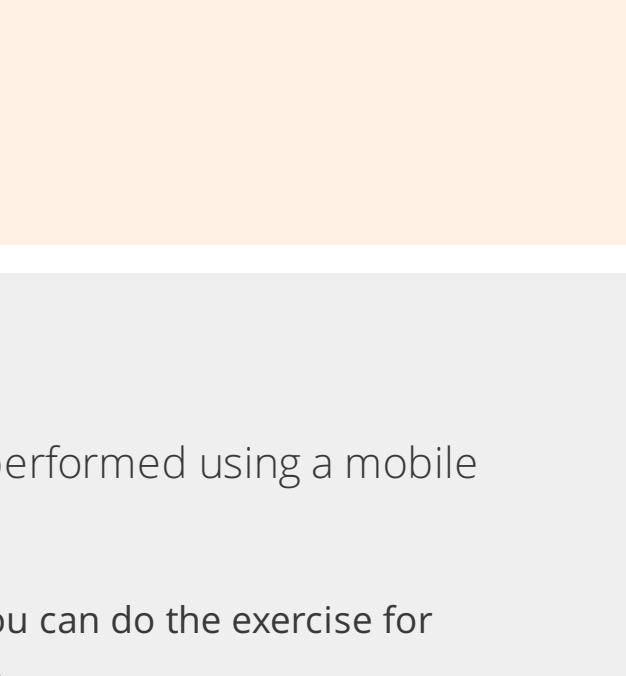


Автор программы
Олег Горемыкин

Подробнее о программе

Install App:

<https://atletiq.com/app>



The price of the full version 7 usd

[Why it is payable?](#)

Register and find out details

General recommendations on training with AtletiQ

AtletiQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special training Form, data is transferred after a workout to your personal account and are considered in the following training.
- During training, you will carry out step by step application and assess the level of load obtained after the completion of each set.
- The application will compare your score with the planned load and adjust the level of your performance in the up or down so that you will always receive a predetermined level of load according to the program.
- On training days, on which work is scheduled to failure, take care of the presence of helper
- If you go back to training after a long rest, your power rates will be recalculated in accordance with the duration of the break.
- Try to set the weights as close to the calculated considering the capabilities of your gym
- Precisely follow the instructions on the pace of the exercise, if they are specified. Otherwise, the load level will not match the the planned.

How to use mobile assistant?

Universal programs designer AtletiQ allows to keep workouts in a special format that can be read by mobile app.

Automatic timer programming, the tempo-indicator of exercise, instant adjustment of load to suit your force capabilities - these are not all application features.

Find program

— Show all —

Complexity

— Show all —

Workout place

— Show all —

Advanced search

Active Recovery Beginner 4

REDUCE THE RECOVERY TIME OF PHYSICAL CONDITIONS BY UP TO TWO WEEKS AFTER A BREAK FROM A POWER TRAINING PROGRAM

Back in operation with 4 workouts!

2 add-ons

ACTUAL WORKOUT #1

WORKOUT TIME 01:00

TORNAJGE 2.39 T

REPS 54

WORKOUT PLAN

Dumbbell Bench Press

Cable Crossover

40 kgx12 / 40 kgx12 / 40 kgx12

set #1

weight kg / lbs 48

reps 12

WORKING

00:20

PERFORMED HEAVY

⌚ STOP

Shahall Choudhary Dharma

Barbell Incline Bench Press

Medium-Grip

How to do?

1. Load the bar to an appropriate weight for your training.

2. Lay on the bench with your feet flat on the ground, driving through to your hips. Your back should be arched, and your shoulder blades retracted.

YOUR FRIENDS

Enter the name or ID

APRAMEE

71532 scores

Last Activity: Mar 14

REMOVE FROM FRIENDS

PavelK

42783 scores

Last Activity: Feb 10

REMOVE FROM FRIENDS

Константин

21645 scores

Last Activity: Mar 14

REMOVE FROM FRIENDS

Вадим_67

12438 scores

Last Activity: Mar 13

REMOVE FROM FRIENDS

Владислав

12376 scores

Last Activity: Mar 14

REMOVE FROM FRIENDS

4

Install App

Workout routines
Gain Strength / Cutting

AtletiQ — fitness service that brings together coaches and athletes into one social network with a special designer of workout routines and mobile assistant for their performance.

[Affiliate program for coaches](#)

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